Centers for Disease Control and Prevention

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Questions we have heard

I work for a governor who only wants health initiatives that will lead to positive results before she runs for re-election? Got any of those?

How do I make the business case for my “community benefits” health proposals to a hospital board?

I lead a small health department. How do I address the social determinants of health?
The “Buckets” of Prevention Framework

1. Traditional Clinical Prevention
   - Increase the use of evidence-based services

2. Innovative Clinical Prevention
   - Provide services outside the clinical setting

3. Total Population or Community-Wide Prevention
   - Implement interventions that reach whole populations

Health Care  Public Health
Buckets 1 and 2
Traditional Clinical | Innovative Clinical

THE 6|18 INITIATIVE
Accelerating Evidence into Action

SIX WAYS TO SPEND SMarter for Healthier People
- Reduce Tobacco Use
- Control Blood Pressure
- Prevent Healthcare-Associated Infections (HAI)
- Control Asthma
- Prevent Unintended Pregnancy
- Control and Prevent Diabetes

www.cdc.gov/sixeighteen
14 evidence-based, community-wide, population health interventions:

• Improve health of community (not clinical/patient-oriented)
• Demonstrate positive health impact in 5 yrs or less & cost effectiveness &/or savings over time

www.cdc.gov/hi5
School-Based Programs to Increase Physical Activity
→ School-Based Violence Prevention
→ Safe Routes to School
→ Motorcycle Injury Prevention
→ Tobacco Control Interventions
→ Access to Clean Syringes
→ Pricing Strategies for Alcohol Products
→ Multi-Component Worksite Obesity Prevention

→ Changing the Context
Making the healthy choice the easy choice

→ Early Childhood Education
→ Clean Diesel Bus Fleets
→ Public Transportation System
→ Home Improvement Loans and Grants
→ Earned Income Tax Credits
→ Water Fluoridation

Social Determinants of Health

HI-5

HEALTH IMPACT IN 5 YEARS
How was the HI-5 List Developed?

**Step 1**
Earned the highest evidence rating from:

- *The Guide to Community Preventive Services* (n=120 “Recommended”)

- Robert Wood Johnson Foundation/ U of Wisconsin County Health Rankings/ Roadmaps What Works for Health site (n=144 “Scientifically Supported”)

- CDC Experts

**Step 2**
Excluded Bucket 1 & 2 interventions and duplicates

**Step 3**
Included those with evidence reporting:

- measurable impact on health in five years

- cost effectiveness and/or savings over the lifetime of the population or earlier

- those not implemented in more than 85% of states

**Step 4**
Excluded those with evidence of potential harm &/or distinct programs not implemented at policy level

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Result: 14 interventions that earned the highest evidence ratings, show positive health impact within 5 years, and report cost effectiveness/savings over the lifetime of the population or earlier.
14 Evidence-based, Community-wide Interventions

**Change the Context: Making the Healthy Choice the Easy Choice**

- School-based Programs to Increase Physical Activity
- School-based Violence Prevention
- Safe Routes to School (SRTS)
- Motorcycle Injury Prevention
- Tobacco Control Interventions
- Access to Clean Syringes
- Pricing Strategies for Alcohol Products
- Multi-component Worksite Obesity Prevention

**Address the Social Determinants of Health**

- Early Childhood Education
- Clean Diesel Bus Fleets
- Public Transportation System Introduction or Expansion
- Home Improvement Loans and Grants
- Earned Income Tax Credits
- Water Fluoridation
Safe Routes to School (SRTS)

Description

– Encourages children and families to safely bike or walk to and from school
– Combines community education with built environment improvements

Health Impact

– Increased number of students who walk and bike to and from school
– Reduced risk of injury from traffic collisions involving pedestrians and bicyclists
– Increased cardiorespiratory fitness among students

Economic Impact

– Pedestrian and traffic signals in NYC reduced childhood and overall injury rates
– Projected to result in a net societal benefit of $230 million
Creating a healthy path for our children.

Selected Resources

- CDC’s Community Strategies for Physical Activity
- CDC’s Division of Nutrition, Physical Activity, and Obesity
- CDC’s Safe Youth. Safe Schools
- National Highway Traffic Safety Administration SRTS
- National Center for Safe Routes to School
- Change Lab Solutions
My health department has begun partnering with our local schools and transportation departments to address the HI-5 social determinants interventions.

We shared the HI-5 “business case” packets with our local hospital and met with the CEO to discuss the use of community benefits to support these efforts.

I was able to give assurances to my governor that the HI-5 interventions would produce positive results within the next few years.
Place Holder – Sara Zimmerman
SRTS Partnership
What’s Next?

Webinars to highlight specific HI-5 interventions
  • *Coming this Winter!*

Learn from cites, counties, communities, states and you!

  • Email us: Healthpolicynews@cdc.gov

Evaluate our efforts to spread the word about HI-5

www.cdc.gov/hi5